

the Recreator

Recreation, Sports & Leisure Brochure



YOUTH

Art

ABRAKADOODLE DOODLERS

Abrakadoodle Doodlers develop new skills and talents while designing unique creations using a variety of art materials. Protective aprons provided. \$28 material fee due at first class.

6-12 yrs / 6 wks / \$75 (+\$28 fee)

Urbana Elementary

17053 Wed, 3/6 5:30-6:25 pm

KIDZART

KidzArt is a drawing based educational program proven to build self confidence through artistic expression in a fun and positive environment. Please bring \$30 supply fee to first class.

5-10 yrs / 6 wks / \$55 (+\$30 fee)

Tuscarora Rec Center

17067 Mon, 3/4 3:30-4:30 pm

Centerville Rec Center

17194 Wed, 3/6 4:00-5:00 pm

17061 Wed, 3/6 5:15-6:15 pm

17072 Sat, 3/9 1:15-2:15 pm

KIDZART TEENZART

Students experience exciting projects using many professional media, styles and techniques. Please bring \$40 supply fee to the first class.

11-15 yrs / 6 wks / \$55 (+\$40 fee)

Centerville Rec Center

17087 Sat, 3/9 12:00-1:00 pm



Basketball Prep

Children will review the skills associated with Basketball focusing on skill development, game rules, and small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Tuscarora Rec Center

16685 Tue, 2/26 4:30-5:15 pm

6-8 yrs/ 5 wks/ \$29

Tuscarora Rec Center

16702 Tue, 2/26 5:30-6:15 pm

Flag Football Prep

Children will review the skills associated with flag football focusing on skill development, game rules, and small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Centerville Rec Center

16717 Wed, 2/27 4:30-5:15 pm

6-8 yrs/ 5 wks/ \$29

Centerville Rec Center

16725 Wed, 2/27 5:30-6:15 pm

Multi-Sports

SPORTS BONANZA

Our coaches will teach your children how to catch, throw, kick and other skills while playing basketball, tee-ball, soccer and more.

4-5 yrs / 5 wks / \$29

Tuscarora Rec Center

16759 Wed, 2/27 4:30-5:15 pm

6-7 yrs / 5 wks / \$29

Tuscarora Rec Center

16760 Wed, 2/27 5:30-6:15 pm

Soccer Prep

Children will review the skills associated with Soccer focusing on skill development, game rules, and small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Centerville Rec Center

16780 Fri, 3/1 4:30-5:15 pm

6-8 yrs/ 5 wks/ \$29

Centerville Rec Center

16790 Fri, 3/1 5:30-6:15 pm



Social Etiquette

MANNERS AND MORE WITH CERTIFIED ETIQUETTE INSTRUCTOR

Take one or both of these classes that are designed for children to learn lifetime skills. In 'Social Etiquette', children will participate in activities to build confidence in areas such as hand shaking, eye contact, gift giving/receiving, and telephone/electronic etiquette. We will cover common courtesies, showing respect, listening skills and non-verbal communication. In 'Table Manners', children will learn different styles of dining, how to properly set the table, napkin placement, how to correctly pass food, handling utensils and two different styles of eating and much more.

7-14 yrs / 1 wks / \$35

Centerville Rec Center

(Part 1 – Social Etiquette)

17113 Sat, 2/23 4:00-6:00 pm

(Part 2 – Table Manners)

17114 Sat, 3/2 4:00-6:00 pm

PRESCHOOL

Arts & Crafts

MINI DOODLERS

Mini Doodlers gleefully create a new framed masterpiece each week with a wide variety of non toxic high quality materials and develop techniques, school readiness skills including motor skills, ability to listen and follow directions, cognitive skills, language and more in an enchanting environment that develops individual creativity. Protective aprons provided for all children. \$28 material fee due at first class.

3-5 yrs / 6 wks / \$75 (+\$28 fee)

Ballenger Creek Community Building

17010 Wed, 3/6 10:00-10:45 am

Urbana Elementary

17009 Wed, 3/6 4:30-5:15 pm



TWOOSY DOODLER

This special adult/child class is often the first educational program.

Twoosys have fun creating unique art while developing fine motor skills, hand eye coordination, creativity, readiness skills, confidence, ability to play with others & imaginative thinking. Non toxic materials are used as children paint with tempera, water colors, oil and chalk pastels; we sculpt, stamp, cut, glue, learn colors, sing, hear stories, and more. Adults learn how to nurture creativity. Frames and aprons provided for all children. \$28 materials fee due at first class.

20-36 months / 6 wks / \$75 (+\$28 fee)

Ballenger Creek Community Building

17014 Wed, 3/6 11:00-11:35 am



KIDZART PRE-K

KidzArt Pre-K helps preschoolers slow down, focus and see the world around them, often for the first time. Students have fun creating works of art using basic shapes & drawing techniques. With interactive story and song time & fun curriculum, preschoolers learn to work with others & build self confidence through artistic expression. Please bring a \$35 supply fee to first class.

3-5 yrs / 6 wks / \$55 (+\$35 fee)

Tuscarora Rec Center

17128 Mon, 3/4 4:45-5:45 pm

Centerville Rec Center

17129 Sat, 3/9 2:30-3:30 pm

Dance

NEW! DANCE WITH ME

Come and experience an energetic and unique "Dance with Me" class. This guardian participation class will focus on teaching the fundamentals of dance through fun action songs, rhythm and instrument play and creative movement. This class will shape their musicality and increase their developing coordination.

18 months-2.5 yrs / 6 wks / \$60

Ballenger Creek Community Building

17023 Tue, 3/5 10:00-10:45 am

Fitness

FOREVER FIT

For the young at heart! A combination of cardio, toning, flexibility, balance and stretching done to music you will recognize and love. This class is designed for the i t and not-so-i t - routines are simple and easy to follow. No prior experience is necessary. All you need is a desire to improve your overall health. Try it - you'll like it!

18+ yrs / 6 wks / \$45

Ballenger Creek Community Building

16876 Mon, 3/11 5:00-6:00 pm

16877 Thu, 3/14 5:00-6:00 pm

GET FIT FREDERICK

Get Fit Frederick presents a new and invigorating shape-up program that is suitable for all exercise levels.

Whatever your goals, Get Fit Frederick will jump start your fitness program with a specially-designed, exercise program that energizes and encourages, that lifts you up and doesn't knock you down. Leading the class will be Personal Trainer & Group Exercise Specialist.

12+ yrs / 6 wks / \$50

Ballenger Creek Community Building

16883 Wed, 3/13 8:00-9:00 am

POWER YOGA

Feeling sluggish, bored or unmotivated this winter? Join Registered Yoga Teacher Melissa Karlicek for a yoga class that will get you moving, sweating and loving your life! Power Yoga, or vinyasa yoga, is a flowing and dynamic practice designed to maximize the benefits to your body, mind and spirit. You will notice a difference in just one class!

All levels of yoga experience are welcome as we will explore modifications and amplifications of poses during each class.

12+ yrs / 6 wks / \$60

Centerville Rec Center

16889 Mon, 3/11 7:00-8:00 pm



TOTAL BODY FIT

This class will get your heart jumping and muscles pumping. Class will include low impact cardio exercises, muscle toning and abdominal exercises. This class is for any fitness level.

18+ yrs / 6 wks / \$55

Ballenger Creek Community Building

16972 Tue, 3/12 7:30-8:30 pm

16974 Thu, 3/14 7:30-8:30 pm

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. No previous aerobic or dance experience necessary. No rhythm? No problem...Just come...move fast...have FUN...you'll see!

14+ yrs / 6 wks / \$30

Ballenger Creek Community Building

Instructor – Maritza F.

16951 Mon, 3/4 6:30-7:30 pm

Instructor – Maritza F.

16957 Tue, 3/5 6:30-7:30 pm

Instructor – Amanda S.

16893 Thu, 3/7 6:30-7:30 pm

Carroll Manor Elementary

Instructor – April D.

16912 Wed, 3/6 7:00-8:00 pm

Centerville Rec Center

Instructor – Carol M.

16916 Wed, 3/6 7:15-8:15 pm

Instructor – Megan H.

16941 Sat, 3/9 7:45-8:45 am



Cooking

COOKING FOR KIDS

Join Chef Buck Reed for this delicious class. Your child will learn cooking techniques, secrets, and kitchen safety. Learn how to make snacks, meals, desserts, and much more. There's a tasting session in every class. This program is sure to satisfy your appetite.

10-13 yrs / 4 wks / \$65

Ballenger Creek Community Building

16642 Mon, 2/25 4:30-6:00 pm

COOKING WITH YOUR KIDS

Join Chef Buck Reed for this delicious class. You and your child will learn cooking techniques, secrets, and kitchen safety. Learn how to make snacks, meals, desserts and much more. There will be a tasting session in every class. Parent/Child Program

8-14 yrs + parent / 4 wks / \$89

Ballenger Creek Community Building

16644 Tue, 2/19 4:30-6:00 pm

NEW! MY DOLLY & ME COOKING

Discover the favorite recipes of American Girl® dolls, Kirsten, Addy, Kit and Molly. Accompanied by your favorite doll, you'll enjoy learning about dining and foods from the time period of these girls and learn to cook a few of their favorites which are sure to become your favorites too. Parent/Child Program

6-14 yrs / 1 day / \$40

Ballenger Creek Community Building

Kit's Favorite Foods

16638 Sat, 2/23 5:30-7:30 pm

MOMMY & ME

You and your mommy will create some yummy food in this class. You'll have a blast learning about the basics of cooking, and best of all you get to eat what you make! Parent/Child Program

4-7 yrs / 1 day / \$40

Ballenger Creek Community Building

(Winter Treats)

16659 Sat, 2/23 9:30-11:30 am



Easter Egg Roll

Rose Hill Manor Park

1611 North Market Street, Frederick, MD 21701

March 30, 2013

11 am-4 pm • All Ages

\$5 per person

Pre-Register
#16633
301-600-2936
Recreator.com



For Egg Roll Start Times,
visit www.Recreator.com

Frederick County Division of Parks and Recreation REGISTRATION FORM

Mail: FCDPR, 118 North Market St., Frederick, MD 21701 (Please make check payable to **Frederick County Treasurer**)
By Phone: 301-600-2936
Fax: 301-600-2595

Parent/Guardian Name (if participant is under 18 years of age) _____

Address _____ **City** _____ **State** _____ **Zip** _____

Home Phone _____ **Work/Cell Phone** _____ **E-mail** _____

Emergency Contact Name _____ **Emergency Phone** _____

Medical Conditions: Participant name: _____ Medical Condition: _____

Participant's Name	Gender	D.O.B.	Program Name	Program Code	Fee
		/ /			\$
		/ /			\$
Attach additional registrations on a separate piece of paper if necessary				TOTAL DUE	\$
Credit Card (Visa, MasterCard, Discover) Card # _____ Exp. Date _____				We will notify you only if there is a problem or a change in the program.	

Waiver of Liability: By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation program/s and therefore, I hold the Board of County Commissioners of Frederick County (BoCC) harmless from all claims for injuries, damage, or loss which may result from me or my child's participation in the program/s listed above. Further, in compliance with Maryland HB 858 and SB 771, I hereby acknowledge that I understand the risks of concussions in sports and am aware of the concussion information which is found at www.recreator.com

Discipline Policy: I understand that the Division has a discipline policy for conduct in recreation programs and facilities. In the event that I/my child is asked to leave a program/facility, I understand that the registration fee will not be refunded to me.

Authorization for use of Photographic Likeness: I agree to allow Frederick County Parks and Recreation to take and utilize photos, slides, and video images of the above registered individual/s for the purpose of promotion and publicizing of the Division's programs and/or events. If I prefer to not allow the above registered individual/s to be photographed, I will call 301-600-1684 to register my request.

Signature _____ **Date** _____

Refund policy: If you want to withdraw from a program, call 301-600-2936. All requests for refunds must be made 2-weeks prior to the start of the program. A \$4 processing fee will be charged for each participant per program refunded. All refund requests must be approved by the Recreation Superintendent. Refunds will be issued according to the original method of payment, unless payment was made by cash, then a check will be issued.